



March/April 2014 Newsletter

Congratulations to Shirley Schlote-Fisher! She was the winner of the SilverSneakers® New Year's Challenge!

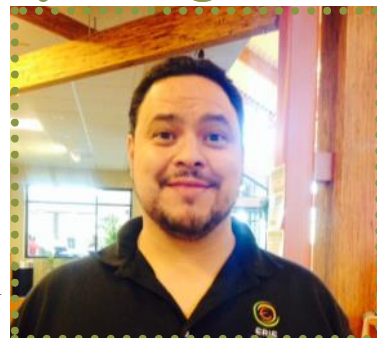
The next SilverSneakers® challenge begins May 1, 2014.

For more information on SilverSneakers®, contact Cindy Gerhardt, 303.926.2795.



Staff Spotlight—Anthony Zaragoza

Anthony Zaragoza was born and raised in Denver and Thornton Colorado. He has three children ages 23 (Marcus), 21 (Lanae), 18 (Alicia) and a two-year-old granddaughter (Aliyah).



Anthony has worked for Denver Parks and Recreation 18 years, spending 12 years working in a Senior Center serving Older Adults. He also worked part-time for five years at Anthem Ranch serving Active Older Adults. He has an extensive knowledge of Recreation facility operations and programming. Anthony also volunteers monthly for Athmar Recreation Center in Denver doing front desk and administrative duties.

Growing up in recreation centers from 7 years old, Anthony has an admiration for recreation centers and the folks who utilize their facilities.

Anthony graduated from Metropolitan State College of Denver in 2011 with a B.A. in Recreation Management and Public Administration and is very excited to work serving the Active Adult population of Erie Colorado.

Anthony loves to spend time with his family and friends and also has a passion for skiing, mountain biking and attending different recreation centers around the state to see their programs and facilities.

Spring Drop-In Sports

Use your annual pass, 3 month pass, 10 visit pass, SilverSneakers pass, or pay a daily admission.

Racquetball:

Wednesdays & Fridays - 9:00 - 11:00 am

Volleyball:

Fridays - 11:00 am - 1:00 pm

Tennis:

Fridays - 11:00 am - 1:00 pm

Indoor Pickleball:

Mondays - 11:00 am - 2:00 pm

Tuesdays - 11:00 am - 2:00 pm

Thursdays - 12:30 - 2:30 pm



**Coal Miners Pickleball Tournament
Men's 63+ Recreational Finalists
Bob Daly - Erie & Jan Hangen - Parker**

To register for programs or for more information, contact Cindy Gerhardt, Active Adults Coordinator, at 303.926.2795 or cgerhardt@erieco.gov.

COLUMBINE LOUNGE

The Columbine Lounge is open Monday – Friday, 8:00 am – 4:00 pm. You are welcome to stop by for a cup of coffee, join others who are playing a variety of games, log on to one of our computers, read a book, play a game of pool, or enjoy visiting with others. Participation in the lounge is free of charge to residents and non-residents.

Did you know we have many board games and puzzles available for your use? Also, we have a book and movie exchange. If you have a book or movie you would like to recycle, please leave it on the bookshelf in the Lounge for someone else's enjoyment.

DROP-IN ACTIVITIES

Join us during these times when others will be playing the following games or activities. These scheduled times are ongoing.

Monday & Friday 9:00 am – Coffee Talk, Columbine Lounge*

*First Monday of the month enjoy coffee with a Cop

Tuesday 12:30 pm – Party Bridge, Columbine Lounge

Thursday 9:00 am – Pool, Columbine Lounge

1st & 3rd Friday 9:00 am – 1:00 pm – Painting, Lehigh Room

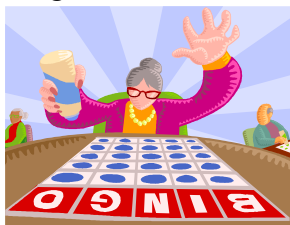
FRIDAY AFTERNOON BINGO

Join in on the fun in this friendly game of BINGO and an afternoon to socialize with friends. Registration is not required. Bingo is played in the Mitchell room. Prizes are sponsored by Life Care Center of Longmont.

Date: 1st Friday of the Month

Time: 1:30 pm

Fee: FREE



COMMUNITY RESOURCE PROGRAM

If you need information or assistance connecting to local resources for seniors (60+) and their families residing in Erie, please call 303.926.2795.

THURSDAY LUNCHES

Lunches are provided by the Weld County Senior Nutrition Program every Thursday at 12:15 pm.

Join us for the social hour beginning at 11:00 am.

Reservations are required no later than Tuesday at 5:00 pm by calling 303.926.2795.

\$3.00 - Suggested Donation for 60 +

\$10.00 - Fee for under 60

AFTER LUNCH ENTERTAINMENT

After lunch, join us for free entertainment.

Entertainment begins at approximately 12:45 pm and is open to anyone, whether you eat lunch with us or not.

March 20, Mike Muniz, Down Home Hymns

March 27 Marcia & Barb, Piano Duets

April 03 Parkinson's Talk, in Columbine Lounge

April 17 Four In Accord

MONTHLY FRIDAY LUNCHES

Lunches are provided by the Coal Creek Meals on Wheels. Mitchell doors will open for lunch at 11:30 am and meal is served at noon. Reservations are required no later than Monday at 9:00am by calling 303.926.2795.

\$4.00 - Suggested Donation for 60 +

\$7.00 - Fee for under 60

Dates:

March 28

April 25

Monthly Casino Trip to Black Hawk

Enjoy the ride up the hill to the casinos in Black Hawk. Once you get there, you will be on your own to enjoy the Town, gamble, and have a meal.

Meals are on your own. Fee includes transportation. Registration deadline is 2 weeks prior.

Day: Monday
Date: 5335.103 – March 31
Date: 5335.104 – April 28
Time: 8:30am—4:30pm
Fee: R \$15/NR \$19



History Colorado Center, Denver & Ludlow Lecture

The History Colorado Center's hands-on and high-tech exhibits take you back in time, connecting what WAS to what's NEXT. They're unexpected, thought-provoking, and relevant. Visit Denver's newest museum and be part of the story! Also, you will attend the Ludlow Lecture: The Ludlow Massacre in 1914 saw eleven children and two women die after an exchange of gunfire between striking miners and the Colorado National Guard. Many more lost their lives before and after this date in the most violent labor conflict in U.S. history. Dr. Fawn-Amber Montoya of Colorado State University at Pueblo addresses the ways we've remembered Ludlow over the past 100 years. You will also have time to grab a bite to eat at the café. Lunch is on your own. **Fee includes transportation, museum and lecture. Registration deadline is March 4.**

Day: Tuesday
Date: 5386.103 – March 18
Time: 9:00 am – 3:00 pm
Fee: R \$19/NR \$25



Hudson Gardens, Littleton

Hudson Gardens is a 30 acre botanical garden

located along the bank of the South



Platte River. The Gardens began in 1941 as the private garden of Colonel King C. and Evelyn Leigh Hudson, and became public in 1996. They contain varied grounds ranging from high, dry prairie to river wetlands, and feature plants that thrive in the dry Colorado climate. There is so much to do: take a self-guided tour, enjoy birding in the gardens, or bring your own picnic lunch and relax. There are no concessions facilities so please bring your own food if you want to eat. **Fee includes transportation and gardens. Registration deadline is March 12.**

Day: Wednesday
Date: 5338.104 – March 26
Time: 9:00 am – 1:30 pm
Fee: R \$9/NR \$12

Damn Yankees at the Candlelight Playhouse, Johnstown

Faust, fly balls, and devilishly good fun all meet at the home plate of this 8-time Tony Award winning Broadway musical. A middle-aged baseball fanatic who trades his soul to the Devil for a chance to lead his favorite team in the pennant race against the New York Yankees, only to realize the true worth of the life (and wife) he's left behind. Filled with hit songs like "Whatever Lola Wants" and "You Gotta Have Heart", this show is a musical comedy home run! **Fee includes show, dinner, coffee, tea, soda, tax, tip and transportation. Upgrades to menu items are extra. Registration deadline is March 10.**

Day: Sunday
Date: 5331.104 – April 6
Time: 12:00 – 6:00 pm
Fee: R \$45/NR \$55

Late Night Catechism**Union Colony Civic Center, Greeley**

Late Night Catechism: Sister Rolls the Dice! is the latest class session in the sinfully funny Catechism series. The convent has decided that Sister (with her extensive gambling experience running the church bingo for the last 25 years) will organize a Las Vegas night. Sister will tackle topics ranging from magic tricks to table games and the dangers of the drive-thru marriage chapels. "What happens in Vegas may stay in Vegas," but God sees everything! **Fee includes transportation and show. Registration deadline is March 17.**

Day: Saturday

Date: 5332.104 – April 12

Time: 6:00 – 10:30 pm

Fee: R \$29/NR \$35

**Barr Lake Stroll & Picnic Lunch, Brighton**

There's something for every type of outdoors person. Nature hikers enjoy the level 8.8-mile multi-use trail that circles the lake, passing by several wildlife viewing stations and the park's wildlife refuge. More than 350 species of birds have been spotted in the park. Numerous bald eagles winter at Barr Lake and one pair stays to nest and raise its young every year. Barr Lake's Nature Center has displays about the park's wildlife and you can have your questions answered by a naturalist. Bring a picnic lunch to enjoy while there.

Fee includes transportation and park entrance.

Registration deadline is April 4.

Day: Friday

Date: 5304.104 – April 18

Time: 9:00 am – 12:00 pm

Fee: R \$9/NR \$12

Golden Bee English Pub, Colorado Springs

What was once an authentic 19th century English Pub has become one of The Broadmoor's most vibrant dining destinations. Fantastic pub fare (including The Bee's famous Fish & Chips), yards of ale and plenty of English charm are just a few of the reasons guests enjoy the lively atmosphere at our cheerful British pub. Lunch is on your own, price range \$9-\$18.

Fee includes transportation. Registration deadline is April 8.

Day: Tuesday

Date: 5303.104 – April 22

Time: 9:30 am – 4:00 pm

Fee: R \$15/NR \$19

First Friday Art Walk, Denver

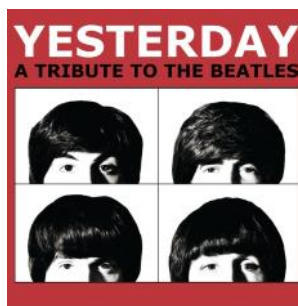
Denver's Art District on Santa Fe is a unique, nationally known art and cultural district with over 60 galleries, restaurants and shops located a few short blocks from downtown Denver. The Art District opens its doors freely to lively crowds for the First Friday Art Walk. Free guided shuttle coaches can ferry you around the Art District. Meals are on your own. **Fee includes transportation. Registration deadline is April 18.**

Day: Friday

Date: 5395.105 – May 2

Time: 4:30 – 8:00 pm

Fee: R \$9/NR \$12

**Yesterday The Beatles Tribute Show, Greeley**

Here comes the British Invasion! Yesterday - The Beatles Tribute Show Band is coming from the Las Vegas

Strip to the Union Colony Civic Center. Founded by John Lennon and performer Don Bellezzo, this group tours worldwide, and is

featured on video at McCarran International Airport in Las Vegas. **Fee includes transportation and show. Registration deadline is April 14.**

Day: Friday

Date: 5394.105 – May 9

Time: 6:00 – 10:30 pm

Fee: R \$25/NR \$29

Abbey of St. Walburga & Lunch, Virginia Dale

The Abbey of St. Walburga is a small community of Benedictine contemplative nuns of the Roman Catholic Church. They are located in a valley in northern Colorado, where the high plains meet the foothills of the Rocky Mountains. As contemplative nuns, their primary duty for the Church is to pray the full Divine Office. After a tour of the Abbey you will enjoy lunch at the Abbey. **Fee includes transportation and lunch. Registration deadline is April 28.**

Day: Tuesday

Date: 5301.105 – May 13

Time: 9:00 am – 3:00 pm

Fee: R \$19/NR \$25

Peaches Tour

Beat the heat as we ride the train to Glenwood Hot Springs to soak the night away. The next day you will tour Glenwood Cavern, Iron Mountain and Colorado National Monument. Next you head to Moab to tour Arches National Park, cruise the Colorado River and tour High Country Peaches so you can bring back plenty of peaches. This is a 4 day/3 night all inclusive trip: motor coach transportation, Amtrak, lodging, food, admissions, tours and escort. **Call 303.926.2795 for more information.**

Date: August 25 – 28

Fee: Double \$649/ Single \$778

Deposit \$200

Trip Insurance TBD

Mardi Gras Dinner and Comedy Show

Enter our fantasy land of New Orleans at our Mardi Gras celebration with the Erie Active Adults. You will enjoy a Mardi Gras catered meal of Cajun baked catfish & remoulade sauce, red beans & rice, pasta salad, and, of course, dessert. After dinner be prepared to **Laugh As Though Your Life Depended On It**. This night of comedy is brought to you by Chicken Lips. Your doctor called, said you could use more laughter in your life and Chicken Lips in your diet. You're in luck. You get them both when Chicken Lips', Bob Wells and Dave Johnson, bring their entertaining to the Erie Community Center. You'll experience how laughter, loosening up and letting go can help reduce stress and make you a happier person. Bob and Dave have been performing/ presenting together for 20 years on stage and on the radio. Laughter is cheaper than therapy and quicker than Prozac. So don't forget your beads and masks and join in the fun. **Registration deadline is March 17. This event is sponsored by Front Range Hospice. Call 303.926.2795 to register.**

Day: Friday

Date: 5302.103 – March 21

Time: 6:00 – 8:00 pm

Fee: R \$10/NR \$13

Erie's Got Talent – Again?

Back by unpopular demand, the 2nd annual attempt to see if Erie's Got. This is a guaranteed night of sweets, friendship, fun and laughs...no guarantees on talent! All acts are performed by our very own Active Adults and the staff and volunteers that serve them. Join us for a dessert bar and coffee, a variety of comical and talented acts, sing-a-longs, and lots of laughs at the Erie Community Center. **Registration deadline is April 21. Call 303.926.2795 to register or if you are interested in performing in the show. This event is sponsored by Front Range Hospice.**

Day: Friday

Date: 5336.104 – April 25

Time: 6:30 – 8:00 pm

Fee: R \$5/NR \$8

Watercolor – The Magical Medium

Students will work on self-discovery by experimenting with the many ways in which you can work with and apply watercolor; rich and intense, light and delicate, loose and free or carefully controlled. Having fun and enjoying the painting process is at the top of the list in this 6-week class! **Pick up the supply list from Guest service (materials are not provided). For additional information, contact Dianne at 720.524.4893.**

Instructor: Dianne Widom

Day: Tuesday

Date: 5326.104 – April 22 – May 27

Time: 1:30 – 4:00 pm

Fee: R \$59/NR \$75

Life Insurance 101 Workshop

Join State Farm Insurance agent, Jeannie Hulse, for an interactive discussion on the basics of life insurance, how to use life insurance to increase your legacy, pay off final expenses and protect loved ones from financial loss. In addition, Jeannie will discuss common features found in life policies, including accelerated benefits and discuss the importance of making sure your information with your carrier is up-to-date. Bring your questions and feel free to bring any policy contracts that you would like a quick review of. This is not a sales presentation, our goal is to assist our community with making informed choices to protect yourself. **Registration deadline is one week prior to class.**

Day: Wednesday

Date: 5311.103 – March 5

Time: 10:30 – 11:30 am

Fee: Free

Vitalizing Nutrition in our 60's and Beyond Talk

This workshop will support you on your unique path to find nourishment that raises your energy level, sharpens your mind and encourages overall wellness. This workshop is presented by Claudia Frick, Certified Clinical Herbalist & Nutritionist. **Registration deadline is one week prior to class.**

Day: Wednesday

Date: 5307.103 – March 19

Time: 10:30 – 11:30 am

Fee: Free

Pinterest Workshop

Curious about Pinterest? Librarian Steph Myers will talk about creating an account and how to use Pinterest to find and gather things like images, recipes, ideas and more.

Attendees are encouraged to bring their own laptop or other wireless device. **Registration deadline is one week prior to class.**

Day: Friday

Date: 5323.103 – March 21

Time: 11:30 am – 12:30 pm

Fee: Free

Auto Insurance 101 Workshop

Join State Farm Insurance agent, Jeannie Hulse, for an interactive discussion on the basics of auto insurance. We'll discuss the importance of choosing the correct coverage to protect your assets, provide an overview of general coverage and what questions to consider when making your coverage choice. This is not a sales presentation, our goal is to assist our community with making informed choices to protect yourself. **Registration deadline is one week prior to class.**

Day: Wednesday

Date: 5313.104 – April 2

Time: 10:30 – 11:30 am

Fee: Free

Staying Healthy with the Use of Acupuncture Workshop

Acupuncture is an ancient healthcare system that has been around for thousands of years.

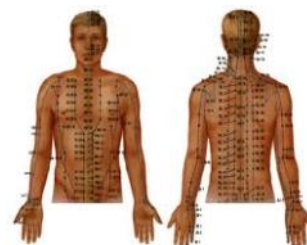
Come learn how acupuncture can help you stay healthy throughout the years. Learn what acupuncture is and what it is good for. Join Randi Savage, RN, MS, Lic. Acupuncturist, for this exciting talk. **Registration deadline is one week prior to class.**

Day: Wednesday

Date: 5334.104 – April 16

Time: 10:30 – 11:30 am

Fee: Free



iPad Brain Games Workshop

Games are essential to keep the mind active. Online games are a great way to interact with friends and families (especially the grandkids). Join Librarian Steph Myers and check out some fun new games to play independently or with others. **Registration deadline is one week prior to class.**

Day: Friday

Date: 5333.104 – April 18

Time: 11:30 am – 12:30 pm

Fee: Free

Fitness/Wellness

Erie Never Stops Walking

Join us on the Erie Community Center walking track for this indoor walking program. This program offers two days a week to walk as a group. We will gather on Mondays as a group on the bridge and then walk the track for an hour. You can then choose to walk one other day during the week as your second day. On Mondays the group is led by a staff member who is there to assist and help you. The goal of each session is to “walk” the distance to a designated location on a map, and the ultimate goal after each session is to walk or run a 5K race together. After each session we will have a party to celebrate our great successes! **Registration is not required. For questions or more information, please call 303.926.2795.**

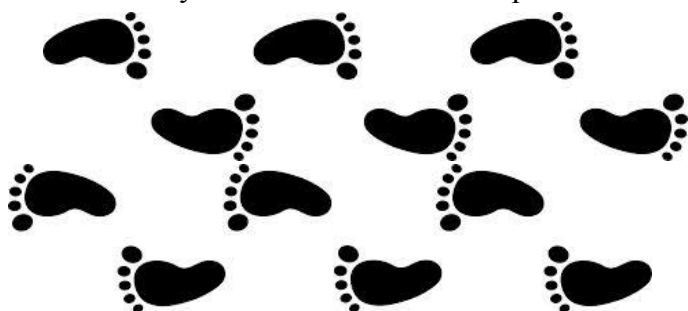
Day: Mondays & One Other Day During the Week

Date: March 17 – May 5

Time: 10:00 – 11:00 am

Fee: Free for SilverSneakers members and ECC Pass holders

Daily admission for all others per visit



Introduction to Qi-Gong and Tai-Chi Chuan

Qi-gong (Energy Cultivation) is the practice of coordinating one’s mind, breathing, and body movement to improve circulation throughout the body. Based on one’s practice, mental attitude, metabolism, sleep, physical strength and balance, and thus over-all health will display significant improvement. This 75 minute class will consist of learning such movements as the: Yuan Gong, Pai Da Gong and the Ba Duan Jin (Eight Section Brocade). Tai-chi Chuan (Boundless Fist) uses the mind to lead the body and trains tranquility in motion. Slowness, lightness, balance, calmness and clarity are its qualities. Students will be taught the 13-Posture Form. Loose clothing is recommended.

Registration deadline is one week prior to class start date.

Day: Tuesdays

Date: 5314.203 – March 4–25

Time: 11:30 am – 12:45 pm

Fee: R \$35/NR \$45

Day: Tuesdays

Date: 5314.204 – April 1–29

Time: 11:30 am – 12:45 pm

Fee: R \$45/NR \$55



Meditation Made Easy

If you feel that stress, tension and pain are becoming too much a part of your life, this is the class for you. Through this deeply relaxing form of seated, guided meditation you will acquire the tools that you can use in your everyday life to release anxiety, relieve pain, have more energy, and sleep more soundly. This is meditation made easy and a wonderful gift to give to yourself. **Registration deadline is one week prior to class start date.**

Day: Mondays

Date: 5305.104 – April 7 – May 12

Time: 9:00 – 9:45 am

Fee: R \$29/NR \$35



Blood Pressure Checks

Blood pressure checks are a free service offered by the Mountain View Fire Department. They are offered on the

1st Thursday of every month from 11:00 am – Noon.

There is no need to make a reservation, just stop in the Briggs room for a free check.



Foot Clinics

A registered nurse provides a full range of services to treat your feet on the 4th Tuesday of each month. **Call Summercares at 303.651.5224 to make an appointment and for fee information.**



Medicare or Medicaid Counseling

Free counseling is available to you for help with Medicare or Medicaid issues. Reserve a 45 minute, one-on-one appointment with a SHIP counselor,

specially trained on Medicare insurance and Medicaid low-income programs. They can help you fill out forms or answer questions. For general questions about Medicare call Centura Health at 970.347.8743. **Appointments are available from 1:00-4:00 pm on the 3rd Thursday of each month. Call 303.926.2795, to reserve your appointment.**

March 20, April 17



Hearing Screenings

AudigyCertified Family Hearing Centers offers the following services free of charge: wax removal, hearing screening, hearing aid cleaning and hearing aid

filter change. These services are provided from 9:00-11:00 am in the Lehigh room. Please call 303.926.2795 for a time slot.

March 20

Via Mobility

Via Mobility Services is a full-spectrum mobility manager providing accessible on-demand transportation, individual and group travel training and mobility options information and referral for older adults, people with disabilities, low-income individuals and others living with mobility limitations. Via's on-demand transportation program provides a dedicated vehicle in Erie on Thursdays from 7:30 am to 5 pm for any trip purpose within the community. Via's on-demand transportation program also provides service to Erie residents to travel to Louisville, Lafayette, Boulder and Longmont on Mondays, Wednesdays, Thursdays and Fridays on a space available basis. Ride requests may be made up to seven days in advance. To get started with any of Via's services or to find out more information, please call 303.447.2848 and ask to speak with one of our mobility specialists. Via is a private, nonprofit organization dedicated to promoting independence and self-sufficiency for people living with mobility limitations.

www.viacolorado.org

Erie Area Senior advisorY Committee—EASY-C

Mission Statement: To enrich the lives of the Erie Actie Adults, 60+, and serve the Erie Community by being a helping hand. For more information on the EASY-C, contact Lee Rozinek at 303.828.1080.

EASY-C Loan Closet

If you are in need of non-medical equipment, such as a walker or shower stool, on a temporary basis, EASY-C may be able to help. Call 303.926.2795, for more information.